

## **CLAIMS**

## 2 What is claimed is:

3 1. A bolster for elevating a portion of the body to alleviate pooling of internal fluids, said

4 bolster comprising a folding frame having three members, a first member having a free end

5 and an opposite end, said opposite end including a first cooperating portion of a hinge, a

6 center member having two ends, said center member having a second cooperating portion of

7 a hinge affixed to one end, said first and second cooperating portions of said hinge pivotally

8 connected, a pivoting joint attached to the second end of said center member, and a base

9 member having a free end and a connected end, said connected end attached to said pivoting

10 joint, a ratchet device attached to said base member between said free end and said

11 connected end, said ratchet device having multiple detents, said free end of said first member

12 engaging a detent of said multiple detents thereby forming a triangular frame having

13 adjustable elevation and angle of said center member.

14

15 2. A bolster of claim 1 wherein a cover is attached to said center member between said two  
16 ends, said cover formed of a non-slip material, said cover adapted to support a portion of the  
17 body in an elevated position.

18

19 3. A folding bolster for elevating a portion of the body to alleviate pooling of internal fluids,  
20 said bolster comprising a folding frame having three members, a first member having a free  
21 end and an opposite end, said opposite end including a first cooperating portion of a hinge, a  
22 center member having two ends, said center member having a second cooperating portion of

1 a hinge affixed to one end, said first and second cooperating portions of said hinge pivotally  
2 connected, said first member and said center member being in parallel relationship, a  
3 pivoting joint attached to the second end of said center member, and a base member having a  
4 free end and a connected end, said connected end attached to said pivoting joint, said center  
5 member and said base member being in parallel relationship, a ratchet device attached to  
6 said base member between said free end and said connected end, said ratchet device having  
7 multiple detents, whereby said free end of said first member is adapted to engage a detent of  
8 said multiple detents thereby forming a triangular frame having adjustable elevation and  
9 angle of said center member.

10

11 4. A bolster of claim 3 wherein a cover is attached to said center member between said two  
12 ends, said cover formed of a non-slip material, said cover adapted to support a portion of the  
13 body in an elevated position.

14

15 5. A method of improving circulation in a patient comprising the steps of providing  
16 a) a folding bolster for elevating a portion of the body to alleviate pooling of internal fluids,  
17 said bolster comprising a folding frame having three members, a first member having a free  
18 end and an opposite end, said opposite end including a first cooperating portion of a hinge, a  
19 center member having two ends, said center member having a second cooperating portion of  
20 a hinge affixed to one end, said first and second cooperating portions of said hinge pivotally  
21 connected, said first member and said center member being in parallel relationship, a  
22 pivoting joint attached to the second end of said center member, and a base member having a

1 free end and a connected end, said connected end attached to said pivoting joint, said center  
2 member and said base member being in parallel relationship, a ratchet device attached to  
3 said base member between said free end and said connected end, said ratchet device having  
4 multiple detents,  
5 b) folding said bolster by placing said base member on a supporting surface and pivoting  
6 said first member to engage said free end in said ratchet device,  
7 c) placing the patient on the supporting surface and moving said center member into contact  
8 with a portion of the body,  
9 d) adjusting said angle and elevation of said center member by selection of a particular  
10 detent of said multiple detents, and  
11 e) allowing said bolster to remain in place a period of time sufficient to reduce pooling.

12

13 6. The method of claim 5 wherein said center member is placed in contact with the legs of  
14 the patient and the legs are at a higher elevation than the heart.

15

16 7. The method of claim 5 wherein said center member is placed in contact with the back of  
17 the patient and the heart is higher than the legs.